

Theme: Food and Nutrition

UNIT OF WORK – June 2009

English – Grade 11 for semester one (2009/2010)

Lessons 1 to 10- to be covered over a two week period

Lesson One

Topic: A Healthy Diet

Learning outcomes: To classify foods according to their nutritional value by completing a pyramid

Group work cutting out food names and placing them in various categories

Key Words:

Protein, calcium, vitamins, carbohydrates, yoghurt, olive oil, growth, nutrition, cheese, health

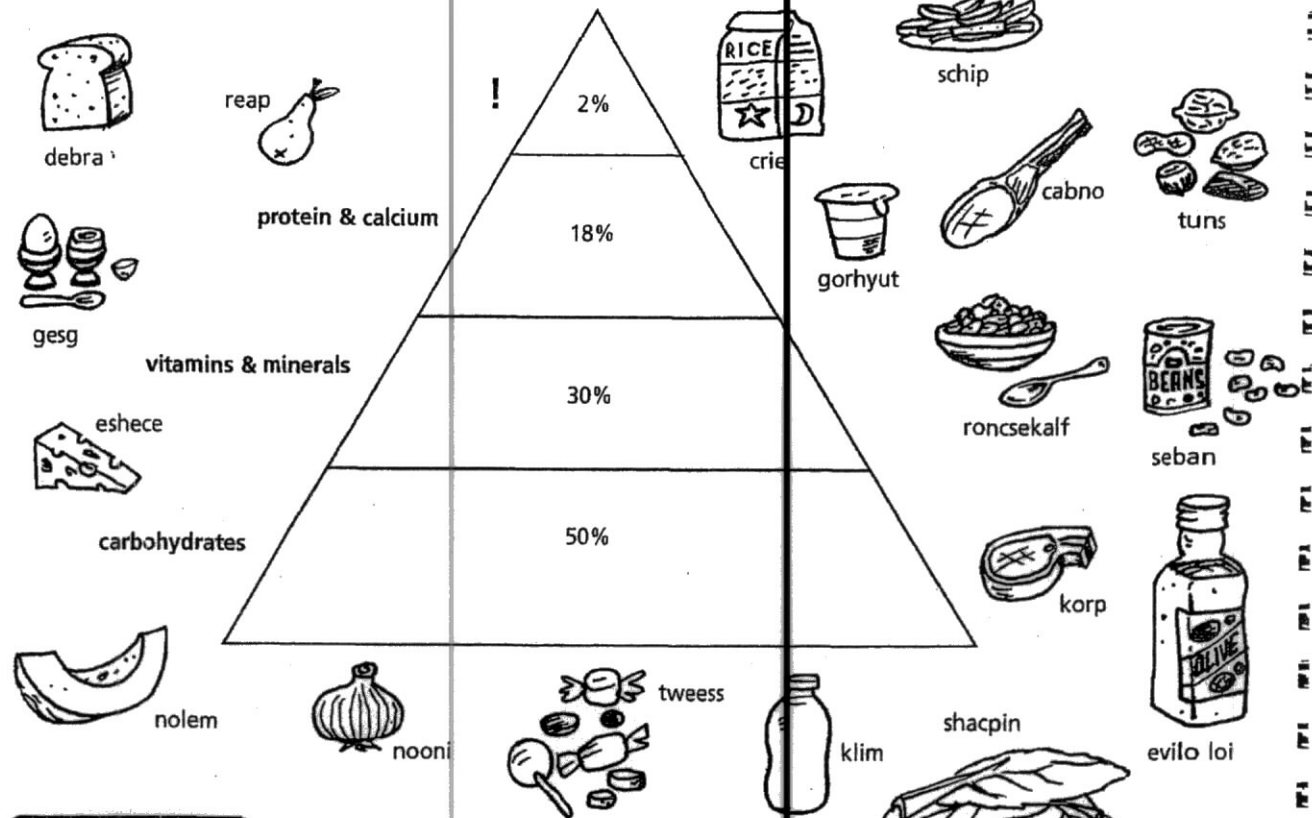
Suggested tasks/activities:

- Give descriptions as a starter of the types of foods that give us vitamins, carbohydrates etc.
- In groups students can carry out : **Writing task:** a questionnaire / survey about other people's eating habits
- Students complete the pyramid and compare their work with other groups
- Students make posters for the class on the theme of a 'healthy diet' and start by brainstorming for ideas in class with their fellow students

A Healthy Diet

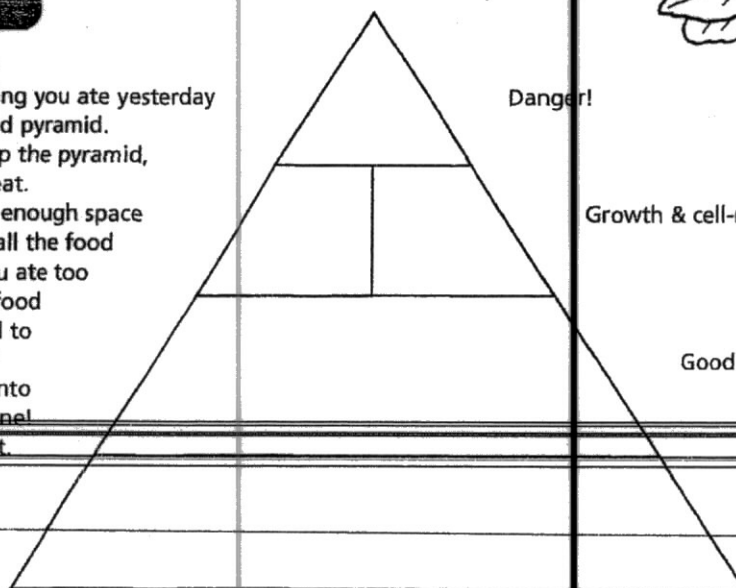


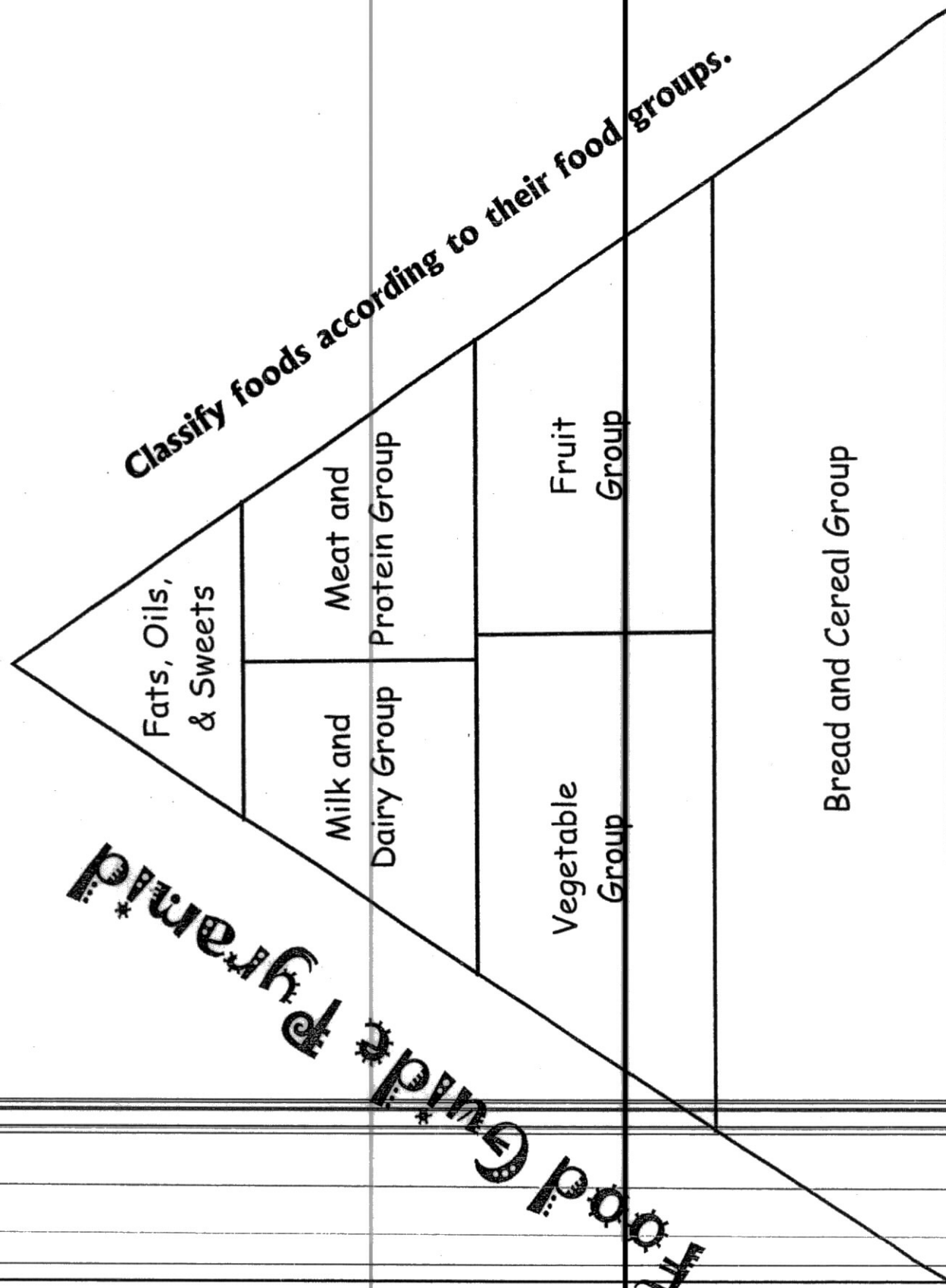
For a healthy diet, you need to eat the right food in the right quantity. The food pyramid shows you how much you can eat of each food. Can you put the food in the right places on the pyramid? Unjumble the letters to write the correct names of each food item.



My food diary

Is your diet healthy?
Write down everything you ate yesterday and put it in the food pyramid. The higher you go up the pyramid, the less you should eat. So if you don't have enough space at the top to put in all the food you ate, it means you ate too much of the wrong food yesterday - you need to change your diet! If everything fits well into the pyramid, well done! You have a good diet.





Food Pyramid

Classify foods according to their food groups.

Foods to Classify

skim milk	eggs	broccoli	kiwi
peanut butter	yogurt	chocolate	rice
noodles	butter	green beans	potatoes
cereal	lobster	spinach	cantaloupe
steak	mayonnaise	tangerines	rolls